



Chicken and Mushroom Tacos

Add a side of fat-free refried beans topped with your favorite salsa.

Ingredients:

- Cooking spray
- 1 ¾ cups thinly vertically sliced onion
- 1 jalapeño pepper, seeded and minced
- ¼ teaspoon sugar
- 2 cups presliced mushrooms
- 1 tablespoon bottled minced garlic
- ¼ cup Madeira wine or dry sherry
- 2 cups chopped cooked chicken breast (about 8 ounces)
- 8 (6-inch) corn tortillas
- 1 cup (4 ounces) shredded reduced-fat sharp cheddar cheese
- ¼ cup light sour cream

Directions:

- Heat a large nonstick skillet over medium-high heat. Coat pan with cooking spray. Add onion; sauté 2 minutes. Add jalapeño; sauté 2 minutes. Sprinkle sugar over onion mixture; sauté 1 minute. Remove onion mixture from pan.
- Return pan to heat; recoat with cooking spray. Add mushrooms and garlic to pan; sauté 1 minute. Add Madeira to pan; cover, reduce heat, and simmer 2 minutes. Uncover; cook 2 minutes or until liquid evaporates, stirring frequently. Stir in onion mixture and chicken; cook 3 minutes or until thoroughly heated.
- Warm tortillas according to package instructions. Spoon about 1/3 cup chicken mixture onto each tortilla. Top each tortilla with 2 tablespoons cheese; fold in half. Serve with sour cream.

Yield: 4 servings (serving size: 2 tacos and 1 tablespoon sour cream)

Nutritional Information: Calories 383 (26% from fat); Fat 11g (sat 5.6g, mono 2.8g, poly 1.3g); Iron 1.7mg; Cholesterol 73mg; Calcium 316mg; Carbohydrate 36.3g; Sodium 389mg; Protein 29.9g; Fiber 4g

Recipe Source: Cooking Light, MAY 2008

Past recipes may be obtained by going to the [Heartland Health](http://www.heartland-health.com/) web page (<http://www.heartland-health.com/>, KQ2 recipes) or by clicking on the Heartland Health logo above.